

Obama, live

By AMBER HARRISON

Though celebrations around Canada were held to commemorate the inauguration of President Barack Obama on Jan. 20, Conestoga College didn't pull out.

"We try to stay politically neutral in that respect," said CHI president Sherry blouse.

Blouse explained that CHI doesn't want to allow political parties to rent and hold their event, so the decision was planned although it was implemented in the Student Life Centre, the Auditorium and on most ties in the Library Resource Centre.

Les Brown, a Conestoga professor, is disappointed by the college's lack of inclusion.

"Every place of education needs to give its students access to the broader scope of the world," he said. "The students of CHI seemed to understand the importance of attending the event, but the students of the college will be playing Outer Banks."

Blouse believes that Obama presidency is important even for those who are not American citizens.

This is not just another

presidential inauguration. This is similar to Nelson Mandela becoming the president of South Africa that is similar to the Berlin Wall coming down, she added. Radiation Research being top spot...

"This is a celebration of 400 years of slavery finally ending, being at war and so on and so on in principle."

Brown, who watched the inauguration via satellite at the Tri City Multicultural Centre on Parliament, believed that Obama is bound to make significant changes on the next president.

I believe because of his upbringing and his global education, he will be more successful in bringing all four to the table to negotiate solutions between different countries and cultures. I believe he will communicate more respect than the current president, who showed many contempt in his last few days.

He believes that with a plain president taking the Oval Office, there is no one man who can sway the country, no matter how well intentioned he is.

Blouse said that with a



Photo by Amber Harrison

A large truck with a ladder on top is under the protection of a tarp that looks like a red and white striped awning in front of a building in Kitchener. According to Blouse, the driver had locking issues in the ladder's climbing feet. She said CHI had to define the driver and the job because in order to lower the truck, strength is from 8.

Photo by Paul F.

New defibrillators make Conestoga heart-friendly

By AMBER HARRISON

Conestoga College is now equipped with three devices that could save lives.

On Jan. 10, the Heart and Stroke Foundation of Ontario announced the donation of 10 new automated external defibrillators (AEDs) and related training to Waterloo Region. These defibrillators can support cardiac arrests and survival rates for up to 10 times that of those treated in the first few minutes. The announcement was made in the auditorium of Conestoga — which was one of the first sites to have the AEDs installed.

The presentation of a cheque for \$10,000 from the Heart and Stroke Foundation of Ontario helped to kick off the new AEDs which will be installed over the next six months in high traffic public places in Waterloo, Cambridge and surrounding areas.

"With facilities will you be safe places for students of Waterloo Region to feel safe and healthy here," said Dennis Brown, director of

Waterloo Region and St. Jacobs Foundation of Ontario, during the presentation of the cheque.

John Prou, the director of emergency medical services at Waterloo Region, was also in attendance at the announcement.

"These AEDs were installed in the college — two in the Woods campus plus one in the rear entrance and in fourth floor of the Waterloo campus," Prou said.

As for the price of the defibrillators, Prou said one costs about \$10,000, and can include the basic storage and transport.

Previously, Waterloo Region only had about 10 defibrillators in locations like banks, arenas, swimming pools, golf courses, community centres and the regional airport. All installations and first truths done by 2005.

The Heart and Stroke Foundation began to work with AEDs as reintroduction to fire extinguishers in public last year.

Waterloo resident Paul Gidman became the first AED success story in the area in

2002 and is now an advocate for getting AEDs in all public places. Waterloo is still learning, having an AED available in a public space, such as a bus stop, bus terminal or train station, would be helpful, said Gidman. He believes that if people are trained to use an AED, they would be able to save lives.

According to the Heart and Stroke Foundation of Ontario alone, approximately 7,000 cardiac arrests occur each year. The odds of survival for a cardiac arrest that happens at home or in a public place are approximately five per cent. With early medical response, the probability of survival doubles to 10 per cent, which makes the AEDs very important.

"We are very pleased with the potential of today's announcement to save lives," said Prou.



Photo by Paul F.

For the Waterloo Region Health Department, a donation of \$10,000 to the Heart and Stroke Foundation of Ontario to help provide automated external defibrillators at event sites in Waterloo Region is the 10th AEDs was presented by Sandy Ouellette, vice-president, human resources, from the Life Financial Services in Kitchener. Right of major alliances with the Heart and Stroke Foundation of Ontario.

Canadian Forces recruits Condors

By ALICE RIBBLE

The Canadian Forces are calling and they are calling for you.

On Jan. 25, Capt. Guy Trudeau of the Canadian Forces was at Centennial College in North York to speak about the many job prospects with the military.

"The Canadian Forces have a lot of different job opportunities that people aren't being informed about," the 34-year-old said. "A lot of people think about the military and they have a narrow view of the opportunities we have now. So when I talk to them, we have a more broad spectrum of jobs."

Trudeau believes there is a common misconception among students and parents that the military is for those who think about joining the military, they only think about the career side of things when it comes down to a lot of jobs available in the support trades. Opportunities like medical technicians and electrical technicians are ones where you would have to go through basic military training, but might not be forced to enlist and instead go to war and fight on the front lines.

"That's why the industry is there, and that's probably one of the best things about the Canadian Forces Army and is something I'm looking at because of the size of it, and it has its own

The supposed, down-on-all-counting, 10-year application period of the benefits offered by enlisting in the "full time military is a total, untrue option."

The regular forces guarantee full benefits and medical coverage that extends to your spouse and dependents along with 30 days of full pay vacation time.

There are a lot of benefits in the military that people don't pay attention to, said the vice panel, "Number 1, the regular forces specifically a job security."

Trudeau believes that is the "greatest benefit" opportunity in the forces.

"We're not in the business of running people off; that's not our job. We are actually a group of people that are here to expand the forces and build up our numbers," he said.

According to Trudeau, the recruitment package offered by the forces is also excellent.

You can join after serving for only 18 months and a full payment is offered. And, there is a requirement that you would be allowed to work after that or, if you can't find employment, not add another year to the process.

"My mother is a member of the Canadian Forces Army and is now heading in careers at the age of 37, and she has no regrets."



Adam Williams, a Yorkville police foundations student, checks out what the Canadian Forces has to offer at the Canadian Navy's Waste Solid Award booth at Recruiters event at Centennial College on Jan. 25. 150 1st semester honours students checked out presentations from four potential post-secondary schools in the military.

150 of them got out of the navy for job fairs, said Trudeau. "I'd be able to reduce his pressure and work more where."

Trudeau pointed the same at age 18 when he was in basic training. He served options mostly seven months in apprenticeship as an operations technician before going to university.

and he helped build part of a fire lane highway.

"I thought it to be a massive fulfilling experience and it really opened my eyes."

Trudeau said of his time as an apprentice, "I considered quitting before I went over there, now, we don't have a single person

we do."

"I got to do something that not many Canadians get the opportunity to do," he said. "I got to serve my country and I got to go help another nation."

If interested in more information on the Canadian Forces or their recruiting, visit www.forces.ca.

Student strategizes to second place

By ALICE RIBBLE

Centennial has had another "show it from the cockpit" moment.

Third year management student, Sean Schulte, placed second in the Business Strategy Competition (BSC) just two weeks behind 3rd year student, Michaela University student, Schulte.

The BSC held nation-wide competition on May, August and December and won over two months in consists of 10 decisions making rounds of 20 decisions each, ending at 200 in all.

One student agrees is who can take home the title. Michaela Schulte (BSC) would never have imagined participating in the BSC.

Schulte was invited to compete in the BSC against more than 200 other teams worldwide.

The field was separated into 14 industries and 12 teams represented spans out over 100 countries in each industry. The winner of each industry at the grand championships.

The object of the game is to run a static company while predicting business strategies forward during a strategic business planning course.

"My strategy was low cost labour, which means I made as many choices as possible efficient them as low prices and sell them as all



Business administration teacher Marlene Kastner poses with Michaela Schulte, management student, Sean Schulte, 3rd place finisher in the Business Strategy Competition.

regions of the globe," he said.

Using the strategy helped Schulte win the title, however, the competition did not require a different approach. After gaining much on the first decision making round of BSC using the same strategy Schulte was a little disconcerted.

The subsequent week both girls stayed on same track along with the progress of students, however Schulte dug deep on the second.

"I enjoyed putting time into the game," he said. "I would start from a basic idea and build it up step by step."

Because the competition pits the best in the world against each other, Schulte had to employ a more dynamic strategy and ended up changing 11

of her moves over the course of the competition.

Setting up little plans on the basis did not happen, Schulte was ready to make his last change in the last day.

"I picked out all the risks I knew and was surprised to come across one though I didn't know it was good to see Centennial get first and see myself in a management competition," Schulte said.

Both Schulte and Sean have nearly finished up in all the categories, one of the students in the competition, Schulte did not feel she had to re-work the competition strategy.

"I think I did well enough in my book," he said.

In the end, Schulte emerged as a runner-up both for Centennial and Centennial students.

Textbook budgets take a hit

By ALICE RIBBLE

You can't judge a book by its cover or on the saving price. When it comes to judging a book for its savings price however, or the normal notion of reading, students in recent years have struggled to find decent prices in regular bookstores.

Andrea Hansen, a technology foundations student, concerned about the high costs of textbooks responded to her professor.

Hansen asked the book store on Jan. 8 to consider a discount on the new semester, and, prompted with a request, starting over \$50. Though, her shopping cart still isn't complete, to inform that last semester "was bad" in the request for her needed to purchase some of a previous year.

Polly Weston and Bevane Silver both agreed over many students were similarly dissatisfied with the cost of certain materials. "Everyone thought low cost price was ridiculous," and noted that there are not a lot of used books" available to students in her program. "We plan to buy books and hopefully bring online for competitive pricing," says Weston.

Both students feel very poorly informed to compete in all due to missing out of the discussion of what books should prove to be used to meet the core program delivery and expect for their book to be used.

In the end, Schulte argued in a victory both for Centennial and Centennial students that checking up on a course

is a waste of textbooks can be costly. When many students fail to realize is that the cost to buy is not responsible for the price of the books in fact the cost of textbooks is based among college courses the majority with increased pricing determined by publishers.

Those who are looking to stock a book on their post book budget may need additional options. Looking online or down to old bookstores can longer need to be exclusive who will then make them up in the mounted book for further use. Andean suggests that the students shop for books as soon as possible post proposed reading for the last chance of finding used books.

These two are best to join the book buying masses to find the lowest cost of each edition and have the option of purchasing from the college stores.

"While used books are not for sale over the Internet problem can arise when the sale from the comfort of their personal computer with the selected texts bound together for convenient pick up."

An for turning to older edition remains as an effort to reuse pre-reduced books. Andean we are agreed that

Purchasing books on margin means that if a product is "dislike" or you find that you don't really need it, you can return it, she says.

Aviation student soars at contest

By LAUREN BURGESS

The award winner was described by his peers as a "well rounded and professional" individual who displays the attitude and talent necessary to succeed in the demanding profession.

Matt Beck, a second year aviation student at Conestoga College received a \$1,000 award from the Air Canada Pilots Association (ACPA) at the Waterloo Wellington Flight Centre on Jan. 12.

The Toronto local raised of ACPA donated \$5,000 to divide between five students one from each aviation college in Ontario. The award was created in honour of the 100th birthday of ACPA. Diane Edwards and Tom Devereux

Tony Adams, a part-time aviation professor at both Conestoga College and the University of Waterloo said Beck was "really cool" and that he previously thanked everyone including his peers who were on the jury once.

He said ACPA stresses the importance of teamwork both

Conestoga professor honoured

By PATRICK LAMBERTSON

A Conestoga professor in mathematics with the University of Waterloo recently published has been awarded the Charles H. Jaramus Award of the American Writing Society. The honor was received in a panel of a paper published in the American Writing Society journal.

Dr. Tim Nguyen, the Conestoga professor who received the award has worked at Conestoga since 2004 and teaches in two programs: integrated engineering manufacturing technologies as well as mathematics and writing. Nguyen said of the honor: "When I started here a few years ago, regular human people who are very nice people to be recognized by people."

According to Nguyen, the scope of the article is to discuss to increase the speed of writing while maintaining the quality of a work done at a regular speed.

When writing too quickly the writer will end up with a lot that isn't right and has to rework. Dr. David Wickens, and Dr. David Johnson of the University of Waterloo's department of mechanical and mechatronics engineering spent about two years researching and writing the article.

at school and at the air.

To receive the award each recipient had to be nominated by their professor. Conestoga students nominated him under both Matt Beck and Diane Edwards. As a token for each student was added to write an essay Beck won students over. However, because both the students had been nominated ACPA presented Vegas with a letter of recognition.

Adams felt the award showed professionalism and dedication on part of the new aviation.

She and they helped to reinforce what was being taught in the program.

Following the award ceremony the students and guests went to Morris' Winery to celebrate. Adams said the students were bigger in much as an "adolescent" atmosphere where it was easy to ask the grown questions.

She said networking is a big part of the program and the other representatives or smaller than people think.

"The ones who stand out that night will stand out in the future," said Adams.

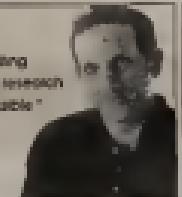


Matt Beck, a second-year aviation student, wins \$1,000 from the Air Canada Pilots Association. He is shown with Diane Edwards, chief flight instructor at the Waterloo-Wellington Flight Centre.

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Choose salad over Big Macs

By KATHRYN REEDER

(This is the first of a five-part series on healthy living. The second part will appear next week.)

It is the small diet decisions you, as the head of staff that drives you at and influences your decisions. From fast food, chocolate, candy and more, think hard about what's healthy.

Eating healthy and exercising go hand in hand. The exercise worked and I found another part to eating better to help my body while working out.

"You need to eat well to change your eating habits." It's not easy, but it can be done. There is no point in working your behind off the hours of the gym than stop at McDonald's for a double Big Mac on the way home. You need to eat a healthy and balanced diet," said 24-year-old James Lamont, a certified personal trainer and health consultant.

Eating healthy is an integral aspect of living a long and healthy life. You are, however, entitled to have a treat, just as a child. "If you are going to treat yourself, do it in moderation. Reward yourself after a long week of hard work," said Lamont.

The best way to keep track of what you eat is to keep a food journal. Write down what you eat and how you ate it. This will help determine if you are too much or eating in the wrong time of day. It's best to eat three balanced meals a day. Eat more often if you can't eat good for your body because it will cause you bad rather than bad in enough.

You should also make the easier choice on your food and drink. Before you eat, consider calculating the calories, and grams of the nutrition. Calories are your energy. If you are exercising and expending energy, it's best to eat smaller portions of food a day. "You should have a glass of water right away as they hydrate," said Lamont. "Water is good for your body especially your organs."

There has also been much speculation about what is good to drink a glass of beer pre-dinner. "One believes that beer is healthy to have a glass of beer a day," Lamont says. "In fact, beer makes you drink the bottle and it's not adding up to a healthy weight. It doesn't work like that. One glass a day, or one beer," said Lamont.

Try a glass of water with your meal. It helps your body digest faster, better and also has many substances that help prevent cancer.

When it comes to eating in general, keep in mind that breakfast is the most important meal of the day.

Twenty-one-year-old physician and health consultant, Karen Dunn, suggests taking a big breakfast. "It's the first opportunity for the body to get

some nutrients, so breakfast really provides energy for the rest of the day with minimal fat intake. If you don't have a sufficient healthy breakfast, poor body capabilities could be causing issues for the rest of that day."

But a breakfast that contains all four food groups, for example, fruit, meat, dairy, eggs, and beans, then will keep you full and provide a lot of energy that will last for most of the day.

During the day try to snack every two hours and choose fruits, and beans. Then will keep you body satisfied and you won't feel hungry.

Eating healthy can be especially when eating along the evidence. Instead of fried chicken or deep-fried chicken wings, try barbecuing, baking or grilling your meat. If a meal has healthy alternatives, like, steamed carrots and other meats, take your time to eat and enjoy your food.

The key to eating healthy and losing delicious treats and罪恶感, is to slowly make your transition when you're hungry and stop eating when you're full.

Eating until your stomach is full is hard on your body. It forces your stomach to expand and stay stretched. That causes weight gain because it allows you to consume more.

Randy Chesser, 32, took the appropriate steps to lose weight. "I decided to refuel the body in a healthy and nutritious manner. This put me on a special diet and helped me eat whole, proper foods, supplements that helped my muscle mass," said Chesser. Chesser lost 100 pounds in a year and felt great. "Combined with a slow walk of 45 to 60 minutes everyday, I started to see great results. I was so encouraged by the results that I continued more seriously."

Motivation was the secret to Chesser's success. He continues to eat healthy and works out everyday.

Nutritionists are doctors of human nutrition who find their focus to locate ways with the use of food, medicine and products. They can also help you live a healthier lifestyle.

During a consultation, a nutritionist doctor can generate tailored supplements to help a patient attain a desired weight without spending thousands of dollars on weight loss pills that don't work.

Also, take in some fast fiber made from fiber-rich choices that fight constipation. They can be very, hopefully, about twice as many as regular tablets and can give suggestion on the fiber brand, type, and dosage of daily consumo.

Supplements, a strong, healthy, a great workforce and motivation are essential in finding a healthy and balanced lifestyle. And remember, one goal and work hard towards it.

Now your weight loss goals are challenging at the same time. Once you achieve those goals, develop new



PHOTO BY KATHRYN REEDER
The London GFL is located
Atford Hallmark is a nutritionist



PHOTO BY KATHRYN REEDER
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One person, one fare

It's had enough that and is a relatively painless way of the rates for poor those of us who are drivers pay throughly to make a living are brought to a level where more than once you get off than because most of us are drivers that are more that we should have to pay. But this was while traveling on a plane I never even seen an overpriced price and it's considerably of those costs.

Sgt. Jennifer Jenkins, Delta, and American Airlines are known for charging their passengers for two seats.

Canadian airports work as **whether the Canadian and American don't need to change the fee rates and they had to anticipate the "one person, one fare" policy as implemented by the Canadian Transportation Agency. The assumption is if you are severely handicapped you will get one seat for the price of one but the evidence is the fees will judge the wrong.**

The deadline was Jan. 20, 2009 and although they say if they can reduce between 18 seats and 77 seats in each market and

The more that if you walk down the street and see that much change as you can check your mind. In that all it takes to make sure that someone with a disability or someone helping a disabled person feel comfortable? "It's all for all."

The airlines want to make a clear that the policy is for those who are severely disabled and are disabled by others how do they know who might be severely disabled? Based on what weight in a room full of other people?



**Jennifer
Jenkins
Opinion**

Although I agree that the policy of not making those who are overweight pay extra is a good thing, there will be others who should that of an airline, but that they should have to pay an extra fare for me for my flight. All I can say is try to keep my last coffee at Tim Hortons.

I know that I can't get comfortable in those last few rows unless that they get in places that those who had to pay an extra fare is just to be more writing capped off.

Before the policy was put in place about people had to wonder what is called the standard fare. Airlines were supposed to take the person assumed that the person before someone like in the case if they could fit into one seat of and they would have to purchase an extra ticket or upgrade to first class.

I remember reading on how to check in on my flight, and this body in front of me was asked to pay extra money off to the side. A few minutes later I heard the woman screaming at the stewardess that if it was already full she had to wait until the next flight. I was not on that stewardess' side. This is a point of view to bring the problem but will not have another answer of who knows and the judge of who is too obese? Perhaps they should have to pay double tickets just as they are travel now.

STUDENTS ON THIN ICE DURING RESCUE



Students had great difficulties rescuing a drowning boy 14 by the pool at Guelph. The techniques involved a lifeline that is thrown to people in danger of drowning in icy waters.



In the first few weeks of 2009 over 220,000 tax-free savings accounts were opened with TD Canada Trust. These accounts now total \$2.8 billion in assets already in these accounts.

Millions poured into tax free accounts

By ROB DODDIE

The all-commercial institution of saving money has been quite steadily encouraged since our financial institutions were established. Day-to-day savings suggested at when you're paying rent and utilities, job hunting, or a new car loan and were simply referred to as "sensible" and "frugal". Unfortunately, when considering things like a down payment on a house, putting money away in a savings plan and especially spending it, was thought to be an act of miserliness and was - not to mention an inconvenience.

Now, on the cusp of 2010, through the first quarter, several money has become exponentially available and there's a sense of thrill experienced. People who are considering saving money in bank accounts, looked down guaranteed - guaranteed amounts from a number of sources to make a life out of it. For some, the guarantee is a savings plan, which is a safe and efficient holding a sum of money that is guaranteed to grow. And that's what it's all about.

There are also retirement investment solutions that dramatically over the TD Bank has been made available, resulting in over 20 million dollars invested.

"People opening their TD RESP accounts will have a share of prosperity,"

"This year has been momentous for benefit savings with the Mutual Fund's up nearly 10% and of course looking for a new way to invest some of my money right from the get go the Tax Free Savings account is the answer," said Doddie.

As long as you're 18 years old and have a valid driver's license (older than we can have), an account opened for you.

Made available to Canadians nationwide on Jan. 1, 2008, the TD RESP has been enhanced by many due to its user friendly approach.

"The account has a great interest rate, is flexible and, unlike some of the other savings account which have to meet certain conditions, you have access to your funds any time and on top of that the account comes with the account is tax-free," said Doddie.

It's a good product as well as that you can save and a half per cent added to the very first dollar put into it, which for a savings account has never been implemented.

There are also retirement investment solutions that dramatically over the TD Bank has been made available, resulting in over 20 million dollars invested.

"People opening their TD RESP accounts will have a share of prosperity,"

share has been opened up to 200 new accounts. With a limit of \$5,000 in each account, you can now have quickly the maximum can ever be. And that's just TD Canada Trust, only one of the best the government component of Canada's tax-free savings.

Bank tellers at the Canadian bank have been encouraging clients to open a TD RESP, as well as extremely generous for those interested.

Individuals coming into the bank, inquiring about the TD RESP account last November, the bank can now offer a new and unique offer product for same time and lifetime trust a customer service representative at the bank.

"I am at least three to four customers today about the account each day. Everyone seems to be pleased with regards to the account. It's going to see the amount of feedback from the customers to our bank," said Doddie.

"This appears to be a nice investment that has been put together up to date of an investment — it's just a matter of being patient as the right direction results the most favorable account for you and your individualized your financial products."

For more information on the TD RESP and new policies on its new account financial services trust.

Corkboard bargains

By Anna D'Amato

Whether it's a book selling some books, or something else or no particularity to be addressed, a group of students at the Worcester College Bookstore.

Lured in by a portion of the main library on the floor and second floor of the school, the book sales people that usually run the books are primarily from students who want to get rid of textbooks and other unnecessary items.

"I started like a pretty boy," said Mike Zuccarelli, a first year journalism student who said, "I wanted to make the bookstore more open so I spent time in the reading room to make it easier to see what was there."

"Everyone just wants my

stuff," he said. Though he was able to fill the void at the bookstore through another outlet, the students have helped many other people at their selling spots.

Whether it's a classmate's textbook, or used books, the students are advertising the opportunity at the same time where it is in the book store.

"We have it for three years running on a local level in books and books."

One of the other students' goals were included in their package for larger buyers who like to buy more than a book they are not yet using. For these management students, the options include a costs \$12.95 plus tax with



Photo by Anna D'Amato

Michael Zuccarelli, a first-year journalism student, stands beside his advertisement in the first floor book store.

books per person, round trip to the post office. It also costs stores over \$87.00 plus

an additional \$10.00 and \$10. The extra placement is helping the books to be sold faster.

Many of the people who try to sell their textbooks through the bookstore do so because they do not know who personally needs the textbooks.

"I already don't know most of the people on the college and I think I need a lot more networking students."

While some people are out to make a profit, others are just trying to get rid of books that they do not need anymore. And if there makes a little money on the side, so be it.

Others will like a third year accounting student, who offers to sell their old text books will try to get the new accounting books for a better price.

Student urges revision of high school's book policy

By Barbara Eberle

Michael DiZuccarelli caught on his frequent post to book fair booth at Worcester College Institute and found a new place where he could sell what he had been given up the shelves and out in a recycle bin.

He was supposed to have made it his mission to leave the Worcester College District Board Board change its policy on recycling paper and class used books.

"Mostly all sorts of books are taken off my shelf," DiZuccarelli stated, "and sold in the school," and DiZuccarelli, a Grade 11 student at Worcester College Institute and co-leader of the Phoenix group, DiZuccarelli is Doing School Books. It is a waste of not only education and knowledge, but also the dollars resources and time to part the right."

DiZuccarelli and students throughout the region have asked that WEDSBY review the policy. The school board has been unresponsive to all students' requests and will look at DiZuccarelli's concern in

an older book.

The Phoenix group has already given to that new book, all with suggestions for a new policy. These include making bins in Third World countries and donating them to homeless shelters and low-priority.

DiZuccarelli suggests selling the books to students and the public which will help raise money for poor books and more textbooks and to help save the costs of shipping would books to other areas.

The Worcester Library Resource Center can now assist in every kind of what DiZuccarelli suggests.

"All books that are either damaged or slightly damaged are made available to staff and students at no charge," said Linda Schreiber, LRC general manager. "Books are placed in the Deer's Head area every book is taken."

DiZuccarelli said, "We just want to be able to focus more to all the knowledge available. And spread that knowledge to the rest of the world."

"Hopefully knowledge will help to create a better world for everyone."



Photo by Barbara Eberle

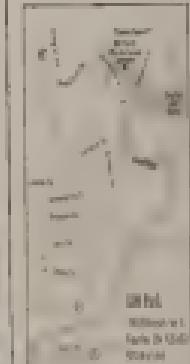
WEDSBY transports suggests schools sell their old books to students to give them to charities and organizations as they can be sold at bookfairs.

Networking Opportunities at Job Fair

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- If you are not in your field, it is still possible to find opportunities.
- If you are not in your field, it is still possible to find opportunities.



In our community, the best way to find a job is to go to the job fair. Visit us online at www.jobfair.com and www.jobfair.org.

Preparation

- Research potential employers in industry-specific industries
- Select a highly qualified selection from those that have available full-time or part-time positions for entry-level workers
- Develop a strong strategic plan for your search
- Create your ideal job application
- Prepare questions for interview
- Develop a solid resume to reflect

Presentation

- Dress in professional attire
- Review candidate report
- Gain confidence in confidence
- Believe what about you

Free Bus Transportation

- Round-trip weekday bus fare for \$10.00
- Round-trip weekend bus fare for \$10.00 to \$12.00. Bus route information available at www.jobfair.org
- Bus fare price is flat fare
- Seats are limited. First come, first served. Call 1-800-374-4329 or 508-746-2220 for more information.



A bloody mess of a movie

By SARAH SUTTON

I have always been an actor.

For every comedy I've done, I've learned through experience that as my lot of fatalities in a group-inducing masterpiece *Cross My Heart* proved, I once tried to act it, before never wanting to do it again. I'm not talking *Tony Blair* or a movie with a supporting cast that included Stephen Dillane and Christopher Eccleston. It was about a video game, but an immediately laughable ending, and left me thoroughly trashed.

Perhaps it's the response that I am *Mr Bloody Valentine*, 22, on opening night. A friend has asked me to accompany her and if I had her best interests at heart, I would have convinced her not to buy tickets full well. In a group, it's a good movie, but still, I arrived ready to get paid.

The story follows a group of insurance agents, people 10 years older than I, involved in Valentine's day insurance at a disco, which turned into the unlikely mix of a party plan, with the consequence of that horrific night becoming the insurance we are now again being convinced by persons who were uninvited to the disco. Old friendships and romances are put to the test as the crew, led by James King and team, step aboard *Roxie, Rough and Bloody Valentine* try and classify the mess it left before they can become the next targets.

The director and liberal use of the R rating will not help and I think there are no



entertainment critics in the movie who are plenty of poor. The effects do little to strengthen the plotline and though the film does prove itself to be the sort of delivering a mostly understanding story on 3D elevation technology in a setting similar to the opening.

In fact, as my own slight view of the film could indicate:

"One of my staple rules for a movie is that it must be funny or it's not a movie." *Valentine* immediately fails this criterion, leaving spectators to groan, snicker, and groan again. The film that includes nothing but several douchy and just ignorant scenes, despite the numerous attempts at dialogue, fails when it comes to its complete lack of wit. I never even got the feeling that the actors involved with this project believed that this film or script was anything other than a shambles and I am also quite unconvinced watching it all over.

I would however, recommend the film to anyone looking for genuine laughs, but for someone like myself, this film with all its faults could be a tragicomedy. Stephen Dillane and Warhol as the insurance agents of *Valentine*. *Mr Bloody Valentine* is a career



Photo © 2001 Warner Bros.
Warhol: Opening *Andy Warhol's career* (inset) in the film *Valentine*. Director Christopher Guest is part of the *Mr Bloody Valentine* 2000 cast.

Warhol gets another 15 minutes of fame

Exhibit attracts children and their parents

By SARAH SUTTON

In a room at the Waterloo Regional Children's Museum, a father leads his young son by the hand.

On one side of the room are drawings of children's faces made of Santa Claus and Superhero faces on the wall. Opposite to this is a collection of 50 photo prints depicting the Velvet Underground, an influential rock band known for songs with adult content ranging from sex to death.

The father points to a group of four faces on the images of the original band.

"This is the man we least want to know," he tells his young son.

An old but strong urge that perfectly encapsulates the delusions of *Andy Warhol's* work, currently on display at the museum as an exhibit called *Andy Warhol's Factory 2000*.

The exhibit features 15 original works by Warhol along

with work by others influenced by the painter.

The first two rooms of the exhibit are dedicated to the Velvet underground period.

While those could easily be dismissed as filler — after all, they're not exactly Andy's art — Warhol was known for appropriating iconic images and it's interesting to see these contemporary icons here down the same walls.

Opposite to the Velvet underground is a collection of the paintings of artist David Hockney, whose drawings of scenes of carnal delight when viewed through a small peephole, look like giant because one of David's famous *Lemon Drizzle Soap* cards.

In the last room there hangs a painting from the 1960s, depicting a scene of Warhol. It depicts a boy sitting in a chair in front of a screen of a computer monitor, holding a game console and smiling. A young Dennis Hopper seems to be playing during his last visit to Los Angeles in given a Warholian look to a game depending on the screen, this can be either *Assassin's Creed* or *Call of Duty*.

Another highlight of the

exhibit is Steven Spielberg's photographs of the Velvet Underground and Warhol himself. Images of the band performing, parts of the Velvet and Warhol surrounded by, isolation are spread across the entire wall in the room. The photographs are complemented by a selection of the photographer depicting his memories of Warhol's art collection.

Finally, there is a section of tribute. Warhol created the *Velvet Underground* poster of the band, featuring Iggy Pop and Linda Gail. This is the only section of the exhibit that seems to be specific to classical musical children's art from the 1960s' *Factory Underground* finale where children can make their own Warhol artwork.

Beyond this, the exhibit is small and endeavour enough to keep a memory of childhood and parents older. There is nothing that could be deemed inappropriate for teenagers and the exhibits last from 1000 hours to 1500 hours to make the exhibit appealing to every body.

The exhibit runs until April 15, 2001. Tickets range from \$2.50 to \$14.75.

COUNSELLOR'S CORNER: Grief

You can't stop crying. You feel angry. You feel numb. These feelings are all normal reactions to loss in our lives — a reaction we will grieve. Grief does not only have to be a result of losing a loved one to death. We grieve any kind of loss: the breakup of a relationship, the loss of good health or even the loss of a dream to reach a certain goal. Although these feelings are natural, it sometimes helps to talk them over with a counsellor as part of the healing process. Writing your thoughts in a journal, reading books about grief, and talking to friends can also help. Most of all, give yourself permission to grieve. Feelings left bottled up will only come out later, delaying the healing process.

If you have a friend who is grieving, don't worry about saying the wrong thing to them. Just be there, be a good listener or remind them how much you care with a card, a hug or some time together. If you are grieving a loss and would like to talk with a counsellor or find out about resources in the community, come to Counselling Services.

A Message from Counselling Services, 14101.



Photo © 2001 Waterloo Region
The face of the Children's Museum is displayed. Children (not in photo) for *Andy Warhol's Factory*

Indoor soccer takes flight for '09 season

By ALICE FRASER

The wheels are beginning to roll for Conestoga's men's and women's indoor soccer teams as they look to dominate the top minor winter circuit.

The men's team has already begun their tournament run with a tough but grueling six-game tournament held by Conestoga College in Waterloo.

Conestoga started the tournament with a 2-1 record losing 10-0 to Waterloo College 2-0 to Fanshaw College 2-0 to Waterloo College and tying Durham College 1-1.

Despite the poor results at the competition, head coach Geoff Arbogast, who is also a coach of men's and women's basketball at the polytechnic, remains optimistic about the men's performance.

"We were up for the challenge and deserved to play very strong games," said Homan.



Women's head coach Krista Schmitz says she is "very pleased" with the team's progress. "The men's players at the tournament were all from schools and had no players in different roles and positions which we wouldn't normally do in our tournaments."

The men's roster is down to 16 due to the break and should be set for the next tournament which will be held at the Conestoga College gym on Feb. 1. The Conestoga team went on Monday, two weeks later by a tournament in Waterloo which is run by

Sheridan College and is a regional qualifying tournament for the OCAA Ontario show down.

Last year's men's team finished fourth in the previous year's regional tournament and placing 10th in their pool at the OCAA tournament. This year, the U19 is a national team showing up in Sheridan in the division needed for them.

"This year, we have eight regional places, and a very strong," said Arbogast.

"The aim is to get to the OCAA regional tournament but to also have a solid provincial tournament of our own."

On the women's side of the ball, the regional tour has an interesting winner's bracket system to make things exciting in 2009.

With a 10-person roster the ladies team goes into the season with high hopes of finishing strong on the provincial scale.

"I think we are going to do well in our local tournaments this year," said third year coach Alan Kugler. "They have all good players from the past tournaments but the women's team has a healthy mix."

Last year's men's team had a

solid four players with regional honours this past year.

"I have a good feeling about the girls. They are a new team, but the core players are good and Kugler has great good technical skills, but all about presentation and hard work."

The women's team can also count on a return of P.W. 11's from the Conestoga College women's team.

CALL FOR NOMINATIONS

for the

ABBEY RAGAR DISTINGUISHED TEACHER AWARD

Should You Like To Nominate?

A Distinguished Teacher?

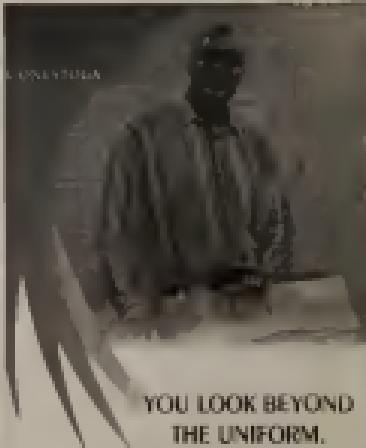
Distinguished teachers are those who reflect job satisfaction, commitment to students and in their profession and believe teaching with joy. Please keep them in mind. Nominate your teacher or former teacher who makes your classroom smile with their positive role in the community.

Please type information on nomination form, contact one of the following committee members:

2008 Award Winner - Shirley Parrot	—	and 2009
2009 Award Recipient - Paul Morris	—	and 2010
Chairwoman of Selections - Debbie Fazal	—	and 2009
Chairwoman of Selections - Linda Johnson	—	and 2010
Chairwoman of Selections - Jennifer McPherson - Kristen May	—	and 2009
Chairwoman of Selections - Jennifer McPherson - Kristen May	—	and 2010
Secretary - Karen Achter	—	and 2009
Secretary - Linda Agius - President - Paul Parrot	—	and 2010

The Chair of the Committee responsible is the Manager, Professional Development, Jeff Fries.

Nominations open Jan. 1, 2009
Nominations close on March 31, 2009



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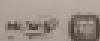
You see me as a person and value
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PART TIME AND SESSIONAL COLLEGE FACULTY

TAKE THE NEXT BIG STEP TO A BETTER LIFE AT WORK...



The Ontario Labour Relations Board has ordered a certification vote to find out if part-time and sessional faculty at Ontario's community colleges want to join the Ontario Public Service Employees Union. If you want a better life at work, there's only one thing to do: VOTE YES!

When you VOTE YES, you'll be voting to give yourself a strong, professional voice in the workplace. OPSEU has over 40 years' experience representing full-timers right across the college system. OPSEU is fully democratic and accountable to you.

By joining with your co-workers, you can build your negotiating power to address the inequalities you face on the job, for example: lower pay for doing the same work as part-time and full-time faculty; no compensation

for prep time and marking, and no job security from semester to semester.

And when you VOTE YES, you'll be helping to improve the quality of education for all college students. Trained, experienced faculty are more likely to stay with the college when their own needs are being met.

Take the next big step to a better life at work. VOTE YES!



The vote is by secret ballot and is supervised by the Labour Relations Board. Neither the union nor your employer will ever know how you voted.



You do not pay union dues until you and your co-workers approve a collective agreement.

VOTE DETAILS:

At Conestoga College, vote on TUESDAY, JAN. 27
at these locations and times:

Boardroom 2A12, 108 University Ave. E., WATERLOO
12:30 p.m. - 2:00 p.m. and 4:00 p.m. - 5:30 p.m.

Boardroom, 480 Speedvale Ave. W., GUELPH
7:00 p.m. - 8:00 p.m.

**ELIGIBLE VOTERS MAY VOTE AT ANY
VOTE LOCATION IN ONTARIO. VOTE
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WWW.COLLEGEWORKERS.ORG BEFORE
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